Subject: Chat with evilevilcouch@gmail.com
From: "evilevilcouch@gmail.com" <evilevilcouch@gmail.com>
To: barriticus@gmail.com

evilevilcouch@gmail.com: how was hanging with mexican fellow?
me: good, making some plans re: mexico
evilevilcouch@gmail.com: hm?
evilevilcouch@gmail.com: which what?
evilevilcouch@gmail.com: you'll be killed if you go to mexico
me: no, I won't
evilevilcouch@gmail.com: alright
me: and I don't actually have to go anyway
evilevilcouch@gmail.com: hm?
evilevilcouch@gmail.com: what's this new random mexico plan thing?
evilevilcouch@gmail.com: you have a book to finish
evilevilcouch@gmail.com: ??
evilevilcouch@gmail.com: should we just talk in a few days when you've got your suboxone again?
me: I'm not doing anything on Mexico now, just talking out some ideas
evilevilcouch@gmail.com: what sort of ideas? i don't even know what "mexico ideas" is in relation to
evilevilcouch@gmail.com: context of ideas, etc
me: we'll talk about it in person
evilevilcouch@gmail.com: why's that?
evilevilcouch@gmail.com: i wanna talk on the phone! :)
evilevilcouch@gmail.com: er, in general
evilevilcouch@gmail.com: wif u
evilevilcouch@gmail.com: :)
evilevilcouch@gmail.com: oh man i need to work out today. hmmm. man i keep craving cigarettes D: but i'm trying to cut down on smoking so i can do cardio and get into super shape!!! :D
me: did you not go bike riding?
evilevilcouch@gmail.com: no
evilevilcouch@gmail.com: i was at your place writing up all that stuff for my drs, was waiting for duncan to get back to me. forgot to go buy bike shorts, then it was super late and i was all "aw...fuck, it's friday. that shit's gonna be packed as fuck"
evilevilcouch@gmail.com: and you were feeling poopoos so i was all "hay! let's hang wif barrettodo and we can have fun and play!! :D yaay" but then that didn't happen and you left for quarter bar for mexico guy and i was planning on leaving a bit after you got back, well, at least if we could've hung out a bit, being that you said you'd be back by 6:45
evilevilcouch@gmail.com: buuuuut bscly i just didn't want to leave your house unlocked

with no one there so i stayed till you got back. assumably your phone ran out of battery, so i couldn't let you know about that
evilevilcouch@gmail.com: er, if i'd have been leaving 'n stuff
evilevilcouch@gmail.com: yep! :)
evilevilcouch@gmail.com: maaaan i want a cigarette
evilevilcouch@gmail.com: i'm considering riding a bike to the gas station but i don't have a bike lock and THEN! i was thinking "hm, maybe if i ride my bike my craving for nicotine will go away. sorta like how i had replaced my reaction to hunger by having a cigarette instead. so then i'd eat or drink water and be all "oh, i was hungry/thirsty, not craving nicotine. interesting"
me: so, you're just not smoking?
evilevilcouch@gmail.com: hm?
evilevilcouch@gmail.com: which what?
evilevilcouch@gmail.com: oh i've been trying to quit
evilevilcouch@gmail.com: well
evilevilcouch@gmail.com: i tell myself "CUT DOWN" because there's that anxiety with saying "i'm quitting smoking"
evilevilcouch@gmail.com: lol
evilevilcouch@gmail.com: it's just sorta daunting, ya know?
evilevilcouch@gmail.com: i don't like ever breaking promises
evilevilcouch@gmail.com: and i've always believed to never say anything you don't mean
evilevilcouch@gmail.com: (that's putting bad energy out there and living a lie, etc)
evilevilcouch@gmail.com: so...i try to just say...i'm "cutting down"...or..."oh didn't smoke a cig today," etc etc
evilevilcouch@gmail.com: i smoked a couple cigarette butts though lol
evilevilcouch@gmail.com: the availability has an affect — environment as well
evilevilcouch@gmail.com: EXTINCTION BEHAVIOR
evilevilcouch@gmail.com: (i.e. "quitting)
me: oic
evilevilcouch@gmail.com: yep yep :)
evilevilcouch@gmail.com: oh god i'm turning into duncan
evilevilcouch@gmail.com: i learned how to ride a bike a week ago and i'm buying chrome shoes
evilevilcouch@gmail.com: /facepalm
evilevilcouch@gmail.com: actually...this past week, not a week ago
evilevilcouch@gmail.com: haha
evilevilcouch@gmail.com: A FEW DAYS AGO
evilevilcouch@gmail.com: (chrome is this specialized bag store for people that ride bikes lolololol)
evilevilcouch@gmail.com: http://www.chromebagsstore.com/
evilevilcouch@gmail.com: http://www.chromebagsstore.com/shoes/kursk.html
evilevilcouch@gmail.com: omfg i want a cigarette

evilevilcouch@gmail.com: well, shit
evilevilcouch@gmail.com: it's dark outside
evilevilcouch@gmail.com: can't ride now
evilevilcouch@gmail.com: hey so i've got a lot of stuff i'm going to be busy with the next two weeks
evilevilcouch@gmail.com: well, i cannot not do it. too much shit to do. etc. hard deadlines and such